We look forward to your attending La Vida this summer. Please plan on arriving at the La Vida base camp by ______ on the _____________. If you are picking up a group please call La Vida's New York base camp at 518-891-4188, for directions and time the trips end.

Directions:
From the West. Take route 3 East through Tupper Lake. It will merge with Route 30 stay on Rt. 30 North towards Saranac Inn and the Adirondack/ Saranac-Lake Clear Airport. You will pass the Young Life camp, the Fish Creek state campground. Just beyond the village of Lake Clear route 30 will take a sharp left...GO STRAIGHT you are now on route 186 heading east. You will pass the Airport on the left. Approximately 1 mile you will pass the Lake Clear Jct. Country Store. Take the next right (McMaster Rd). McMaster Rd. makes a sharp right the La Vida base camp is on the left a little under 1 mile away. You will see a big rock on the left, our drive is right after the rock.

From the East. Take Route 87 North to exit 30. (The sign will read Lake Placid, Keene, Saranac Lakes). Take a left off the exit ramp and stay on route 73 west. If you would like to avoid Lake Placid, bear left at the fork after you pass the Olympic Ski Jumps. Take this road til it ends and then take a left onto Rt. 86. Stay on Rt 86 through Saranac Lake. Take a left onto Rt 186 (you should see signs for the airport). Take the first left which is McMaster Rd. McMaster Rd. makes a sharp right, the La Vida base camp is on the left a little under 1 mile away. You will see a big rock on the left, our drive is right after the rock.
Directions From Boston Via Ferry:

Take I-93 N to I-89 N

Stay on I-89 N through New Hampshire into Vermont

Take exit 17 which will be approximately 10–20 miles above Burlington.

Turn right off of ramp onto RT 2 West.

You’ll drive through the town of South Hero.

You’ll pass a brick pizza restaurant with a Mobil gas station just beyond it. Turn left and follow signs to the ferry.

In New York:

Go straight out of the parking lot and stay straight until you come to I-87 South.

Take the next exit which will be a couple of mile down the road. Sign should say Tupper Lake, Saranac Lake, RT 374 West

Stay on RT 374 until it intersects with RT 3. Take RT 3 West, sign will say to Saranac Lake.

Stay on Rt 3 until you enter the town of Bloomingdale.

In Bloomingdale RT 3 will take a sharp left, you want to take a right.

Bear left at the fork. You’ll see old run down church in the middle of the fork. Stay on this road until it ends.

Take a left onto RT 86.

Take a right at the blinking yellow light. This is RT 186 heading toward the airport.

McMaster Rd will be your first left, about 1.5–2 miles down RT 186. If you pass Lake Clear General Store on the left, you just missed the turn.

McMaster Rd will make a sharp right 100 yds from when you first got on it. The La Vida drive is about 1.3–1.4 miles down McMaster Rd on the left. You will see a watch for children sign on the right, which is opposite from our drive.